



Peach-Cucumber Barley Salad

Prep Time: 15 min
Cook Time : 35 min
Serves: 4

NUTRITION FACTS, PER SERVING:

360 Calories
6.25 total grams of fat
555 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 c. pearl barley
- 1¾ c. lower-sodium vegetable broth
- 1¼ c. water**
- 1 seedless cucumber (English)
- 2 ripe peaches
- 2 pt. cherry tomatoes
- ½ c. packed fresh basil leaves
- 2 tbsp. cider vinegar
- 1 tbsp. vegetable oil**
- 1/4 tsp salt**
- 1/4 tsp black pepper**
- 1 can chickpeas (garbanzo beans), drained and rinsed
- 1 head Boston lettuce (rinse and pat dry the leaves)

DIRECTIONS:

1. Place **barley** in 4-quart saucepan. Cook on medium 5 minutes or until toasted, stirring. Stir in **broth** and **water**. Heat to boiling on high. Cover, reduce heat to low, and simmer 35 minutes or until tender. Drain if necessary, and cool slightly.
2. Meanwhile, scoop out and discard soft center from **cucumber**, then cut into 1/4-inch pieces. **Pit and chop peaches**. Cut **tomatoes** in quarters. Very finely chop **basil**.
3. In large bowl, whisk **vinegar, oil, and 1/4 teaspoon salt**. Add **barley** and toss until well coated. Cool until no longer hot, then add **cucumber, peaches, tomatoes, and chickpeas**, tossing until well combined. Serve over **lettuce leaves**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Corn Chowder and Rolls

Prep Time: 20 min
Cook Time : 40 min
Serves: 5

NUTRITION FACTS, PER SERVING:
282 Calories
8.05 total grams of fat
991 mg of sodium



INGREDIENTS: ** *Items not included in kit*

- 2 Tbsp Unsalted Butter**
- 4 scallions, white bulbs and green tops chopped and reserved separately
- 1 red bell pepper, chopped
- 1/2 cup celery, chopped
- 1 lb. boiling potatoes (about 2 medium potatoes) peeled and cut into 1/2 inch dice)
- 4 cups fresh corn kernels (cut from about 6 ears)
- 1 bay leaf
- 1 quart low sodium vegetable broth
- 2 tsp salt**
- 2 cups milk**
- 1/4 tsp black pepper**
- 4 ciabatta rolls

DIRECTIONS:

1. In a large saucepan, melt the **butter** over moderately low heat. Add the **diced scallion bulbs, diced bell pepper, and diced celery**, cook stirring occasionally, until the vegetables start to soften, about 10 minutes. Stir in the **peeled and diced potatoes, 2 cups of the corn, the bay leaf, broth, and salt**. Bring to a boil. Reduce heat and simmer, stirring occasionally, for 15 minutes.
2. In a blender or food processor, puree the remaining **2 cups of corn with the milk**. Stir the puree into the soup along with the **black pepper**. Simmer until the soup thickens slightly, 5 to 10 minutes. Remove the **bay leaf**. Stir in the **sliced scallion greens**. Serve with **baked ciabatta rolls**.

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